

## A Lesson from Jacob DeGrom on Perseverance

April 12, 2017

As we continue to learn on a variety of topics:

Thor and the changeup ([click here](#))

Tim Tebow and failure ([click here](#))

Curtis Granderson and hydration ([click here](#))

We now learn from Jacob DeGrom about perseverance.

On Monday night he pitched 7 innings in a victory over the Phillies...but there was [a deeper story to DeGrom's victory](#):

 (4-3)	<b>Mets 4, Phillies 3</b> Monday, April 10, 2017	 (3-4)
FINAL	1 2 3 4 5 6 7 8 9	R H E
NYM	0 0 0 1 0 0 1 2 0	4 4 0
PHI	2 0 0 0 0 0 0 0 1	3 10 2
W: Blevins (1-0) L: Ramos (0-1) SV: Reed (2)		

**deGrom's start reminiscent of signature outing**

By Anthony DiComo / MLB.com | @AnthonyDiComo (<http://www.twitter.com/AnthonyDiComo>) | 12:02 AM ET

The 7 innings almost didn't happen after a rough first inning where DeGrom struggled:

Early Monday evening, deGrom bemoaned his lack of feel for his slider, eventually ditching that pitch and turning more to his curveball. He walked two batters in the first, including one with the bases loaded, and allowed three hits. Only a Brock Stassi (<http://m.mlb.com/player/595426/brock-stassi>) inning-ending double play saved deGrom from an even more damaging beginning.

But deGrom transformed after that. Relying heavily on his curveball, the right-hander worked around a two-on, one-out jam in the third inning, then retired the final eight batters he faced. He finished with three strikeouts, the second of them No. 500 for his career. Most importantly from deGrom's perspective, he kept the Mets hanging around long enough for Jay Bruce (<http://m.mlb.com/player/457803/jay-bruce>) to hit a tiebreaking, two-run homer in the eighth.

"It's satisfying to keep the team in there," deGrom said, "but [you] definitely don't want a first inning like that all the time. That's not fun."

The valuable lesson DeGom teaches us here is:

Will you let a bad inning run you out of the game?  
Or will you fight to grind out a solid start?

I tell my pitching students constantly...

Your coaches will respect you more if you grind out 5 innings with your worst stuff  
than if you sail through 7 innings with your best stuff.

Even the Mets broadcaster's took notice:

Gary Cohen: "So Jacob DeGrom gave up 2 runs and 3 hits in the first inning and then no runs and 3 hits over the next 5 innings. It's a story we have seen before with Jake but every time he does it, *it just impresses you more and more with the ability to make the adjustments he needs to prevent his start from being a disaster.*"

Ron Darling: "I know fans at home love when Jacob DeGrom is on top of his game with 10 or 12 strikeouts and the hair is flowing and it's a great scene. But *you're almost judged by how good are your poor games.* And his poor games are very good and it's one of the reasons I really enjoy watching him pitch."

Are you being trained as a pitcher to correct your mistakes?  
Do you know how to adjust to use what pitches are working well that night?

As Tom Glavine told us in [Living on The Black](#):

*"You can't sulk. You have to get outs."*

Questions About This Newsletter?

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